

**Abstract of the Disclosure**

A regulator insert for valves includes inflow openings and a plurality of slot-shaped outflow openings extending in the axial direction of the insert and being, via a roller membrane, closable in response to the difference in pressure across the insert under the influence of a spring that seeks to keep the outflow openings open. The slot-shaped outflow openings have at least two different lengths, whereby complete closure of at least some of the outflow openings can take place only consecutively. At least one of the slot shaped outflow openings has such length that complete closure thereof by means of the roller membrane is not possible.